

AUGUST

2023

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ON PAGE 17  
8-10 SEPTEMBER  
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## **USEFUL NUMBERS**

**Steyning Library:**

Opening Hours: Monday – Friday: 10:00 – 17:00  
Saturday: 10:00 – 14:00 – T: 01903 270330  
E: [steyning.library@westsussex.gov.uk](mailto:steyning.library@westsussex.gov.uk)

**Steyning Minibus:** 0300 772 7735

[www.westsussexminibus.org.uk/organisation/](http://www.westsussexminibus.org.uk/organisation/)

**The Steyning Health Centre:**

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Wed 08:00 – 20:00 Thu 08:00 – 20:00  
Fri 08:00 – 18:30 Sat and Sun: Closed

**Steyning & District Good Neighbours**

**Association:** T: 01903 816181  
[steyninggoodneighbours.co.uk](http://steyninggoodneighbours.co.uk)

**Steyning Parish Council:** T: 01903 812042 –

W: [www.steyningpc.gov.uk](http://www.steyningpc.gov.uk)  
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## Steining Museum – new look reception, shop and reference area

Steining Museum are pleased to announce that after a two-week shut down for a major refurbishment of our reception, shop and reference area we are back and open for business again.

Steining Museum are pleased to announce that after a two-week shut down for a major refurbishment of our reception, shop and reference area we are back and open for business again.

Museum Chair Joan Denwood commented *'We are absolutely delighted with the finished product, and we hope you like it too. It has provided the clean lines, spacious look and improved appearance we were after. Thanks to funding from a generous legacy, the Steining Museum 200 Club, and the Steining Society, we now have a range of new wall units to store our extensive reference files and books as well as a new desk for volunteers to welcome our many visitors from all over the world. We also have a new shop area which provides a much improved display of merchandise to purchase.'*



New refurbished look presented by project leaders Joan Denwood and Maggie Hollands

Maggie Hollands added "We really must thank the volunteers who came in and cleared, dismantled and disposed of all the old shelving, filled holes and painted walls, before local craftsmen fitted the whole thing out. With the extra space we have also re-organised and colour coded our extensive range of public files for easier use by visitors".

Steining Museum is open from 10:00 to 1600 from Wednesday to Sunday all year round and is totally run by volunteers. Please do come along and visit and find out more about Steining Town and its surrounding area. We are always looking for volunteers to welcome visitors or to help out behind the scene with research and exhibitions.

Steining Museum, Church Street, Steining, BN44 3YB. [www.steiningmuseum.org.uk](http://www.steiningmuseum.org.uk)



## White Bridge Link: Progress Update and User Survey

Plans for this exciting new cycling and footpath link between Steining, Bramber and Upper Beeding are gathering pace.

The two drop-in events held in April to get feedback on the scheme were both well attended. They showed there is an encouraging degree of local support for the idea of creating

a safe, all-weather route between the three communities suitable for walkers, bikes, pushchairs and mobility scooters. Here's a sample of the comments received:

*'Brilliant idea – my whole family would definitely use it.'*

*'Great job guys – please make this happen.'*

*'A superb initiative... we are thrilled at the thought of our children being able to cycle to school.'*

*'I have a mobility scooter... this will enable me to get out Steining and along the river which I cannot do at the moment.'*

Whilst feedback was significantly in favour of the project, some concerns were also raised, which will be investigated and reported back on. With designs now well advanced, the relevant permissions obtained, and initial contractors' quotes submitted, the next step is to raise the funds to make it happen!

There's good news on that front too. A local charitable trust has made a commitment in principle to provide £125,000 towards the



## Front Cover: Lindy Wells Ceramics

SteiningARTS  
ART TRAILS : EVENTS : INSPIRATION

I am an Artist, Designer and Maker of handmade small batch ceramics inspired by the beautiful South Downs where I live in the small town of Steining, West Sussex.

My ceramics are all unique individuals, organic in their nature and often functional pieces for the home. I like to create cherished pieces you can enjoy holding, using and looking at.

I love the feel of the clay and my best work is often achieved when I simply allow an idea to flow into my hands and let the creation evolve.

They are all handmade using traditional methods of pinching, coiling and slab-building. I like to use stoneware and porcelain clay and use coloured glazes, underglazes and coloured slips for decoration.

This means they are never identical and each one carries the mark of my making – bumps, dents, fingertips – revealing the handmaking nature rather than the uniformity of factory made.



overall project cost of between £250,000 and £300,000. And bids have been submitted to a number of other potential funders.

There are also plans afoot for a crowdfunding campaign to raise part of the costs from the local community. To avoid uncertainty, a decision has been made to hold off the launch of this campaign until more of the funding is in place. So keep your eye out for news on this. To help strengthen the project's fundraising efforts, a short user survey is being conducted to gauge how people would use the new paths and see who might be willing to contribute to a crowdfunding appeal.

You can find a link to this survey and stay up to date with latest developments at: <https://visitsteining.co.uk/whitebridgelink/>

The White Bridge Project is being coordinated by Steining and District Community Partnership.



## Steyning Probus Club

Steyning Probus is a social club for semi-retired and retired men who wish to enjoy the company of similar people. The Probus movement started in 1966 and this club was founded in 1989. It currently has a membership of almost 50.

We meet at the Steyning Centre for a monthly lunch, which is followed by a speaker. Recent talks have included The History of the Tower of London and Britain's V-Bombers. In the summer and at Christmas, we hold a special Ladies Lunch for our wives and partners.

The club also organises a programme of interesting and varied social events throughout the year. These range from skittles matches and guided walks to trips on local waterways such as the Wey & Arun Canal and visits to the theatre. Forthcoming trips include a visit

to the Houses of Parliament to meet our MP, Andrew Griffith and a day out in Guildford to see a performance of the Mousetrap. We also organise weekends away. Members' partners are welcome to join all these social events.

The club welcomes new members and if you might be interested, please contact our Membership Secretary, Robin Laidlaw on 07786 065077, [membershipsteyningprobus@gmail.com](mailto:membershipsteyningprobus@gmail.com) or check out our website [www.steyningprobus.org](http://www.steyningprobus.org).



## Supporting Our Schools

Greening Steyning have been working with local schools on a variety of small projects to help them introduce more eco topics into the children's curriculum

### Building Bug Hotels

In May we started working with Steyning Primary School on a biodiversity project for the summer fayre.

The bug hotel project was constructed from a donated wooden bookshelf and reclaimed cladding and wood. We commissioned a local artist ([Ruby.whitworth@hotmail.com](mailto:Ruby.whitworth@hotmail.com)) to hand burn a personalised sign for the school.

Materials that attract bugs such as bark, pine cones, bamboo, leaves, terracotta pots and logs were sourced by the children and their families/friends and the bug hotel was completed by the children on the 30th of June, during the summer

fayre. The June rain didn't stop the fun of the afternoon. A great event hosted by the school.

It was a lovely little project and a pleasure to work alongside



Steyning Primary School to support the children's creativity and learning around biodiversity.

*'A big thank you to Clare Robinson and Steyning Primary School, the children, their families and friends, Ruby Whitworth for the beautiful sign and my husband Russell for helping me build the frame.'* - Katie Barnes, volunteer

### Restoring Extinct Species



Greening Steyning have been working with Emer Nicholson at the Towers to develop a small gardening club which has

been very successful and has utilised the large greenhouse on that site. The children have really enjoyed growing flowers, salad and vegetables and we hope to expand this next year as Derek at Daylands Farm is keen to be involved.

As a side effect of working with the school and talking to Matthew at the Steyning Downland Scheme (SDS) we were able to connect the school with a project that Matthew was developing with Wakehurst Place to re-introduce a plant currently extinct in Sussex. The Star Fruit (*Damasonium Alisma*) is a wetland plant that has been extinct for over a 100 years and is ideally suited to the area around the upper pond in the SDS.

A small group of children from the Towers visited Wakehurst Place where Star Fruit seeds are held in the Millennium Seed Bank. Wakehurst have germinated some seeds and taught the children how to do this for themselves. The children are now trying to incubate their own Star Fruit seeds, which is difficult because they are *'incredibly fussy little seeds'*, and if successful will then plant them around the SDS pond. This has been a wonderful opportunity for the children to learn about how Wakehurst are working to maintain our biodiversity and then

actually be involved in an important project for the local area. We all owe Matthew and Emer a big *'Thank You!'* for making this happen. - Robin Johnson, volunteer

### Exploring No-Dig

The year 5 children at Steyning Primary were studying *'sowing and growing'* this term and the Schools Liaison team at Greening Steyning offered to go into the school and work with the children to help them learn about *'No-Dig'* gardening. The plan was to talk to them about the concepts that underly no-dig gardening and soil health, show them a short video that Charles Dowding (the originator of the approach) has released where he shows children how to create a no-dig vegetable patch from scratch and then actually build two no-dig patches. Simon Parker did a lively and interactive talk with the children, the video went down well and the children had a lot of fun building their new no-dig patches.



*'Thanks very much to the teachers, Hannah Wetjen and Hannah Robinson for allowing us to make this possible but most importantly we are incredibly grateful to Heritage Products (<https://heritage-products.co.uk>) for donating 20 bags of compost and Derek Crush for donating seedlings to plant as this activity would not have been possible without their generosity.'* Robin Johnson, volunteer

**If you would be interested in working with a small but growing group of volunteers working with the local schools please contact:**  
[schools@greeningsteyning.org.uk](mailto:schools@greeningsteyning.org.uk).

*We'd love to hear from you.*





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## King Apple Loses His Head!

It's just been confirmed by the Met Office, that June was the hottest and driest on record. Who Knew! Those of us with gardens, pots, vegetable patches and allotments will not be surprised by that information, having spent the last few weeks endlessly watering trying to keep plants and seedlings alive (and trying not to use too much water in the process!) As I write this article, we have just had some very welcome rain, with more due, although it's coinciding nicely with Wimbledon and Ashes Test Matches!!

The trees in our orchards having thrived after a wet Spring are varying in their ability to cope in the hot weather. The older trees seem to be coping reasonably well as they are more established and have a decent root system able to access the deeper underground water. The newer trees and especially the ones planted this year in the MPF and Abbey Road, need a little more TLC with regular watering and keeping an eye out for pest/diseases as they have been stressed through the lack of water and high temperature, making them less resilient. Thanks go to all the volunteers and their watering cans.

We have a Steyning Scarlet apple tree in our garden which was covered in blossom in the Spring, with most of the fruit setting. However, as it's still a relatively young tree we knew that most of the fruit would not grow and ripen, so we took the decision to remove all the small fruit bar three, enabling it to concentrate all its resources into establishing itself. If we hadn't, the tree may have still had a 'June Drop'. This is where a tree will naturally discard excess fruit.

Sometimes though, nature needs a hand, especially if the trusses are crowded and there is a heavy crop, as apples trees can only support a limited number of fruit. Start thinning by removing the King Apple – the one at the centre of the cluster. Leave one or two fruits every 4-5 ins for dessert apples, 1 fruit every 6-8 ins for cookers and with regular watering (rain or manually), there



Before thinning



After thinning



should be ripe apples in the autumn. (see pics)

**When are apples ripe?**  
One of the first signs are windfalls around the tree.

**Taste test** – sounds obvious really. Discovery apples and other early varieties can be eaten straight from the tree, but other later maturing fruit need a period of storage before being ready. One of the ways to check if a Cox's apple is ready to eat is to shake it and if you can hear the seeds rattle it's ripe.

**Pip colour** – cut an apple in half and if the pips have changed colour from white to brown, they're ready. If not, wait awhile before harvesting. (Advice from Carol Klein –Grow Your Own Fruit)

We now have an anxious wait to see how many trees will be bearing fruit this year. Not just for eating, but for our annual **JUICING DAY**, which will be held on Sunday 10th September 13:00 - 16:00, in the orchard on the Memorial Playing Field.

**Come along with your apples and have a go at chopping, scrunching and pressing and take home some juice (for a small donation – cash only).**

**If you would like to find out more about the Community Orchard or would like to get involved with our activities, please visit our website: [steyningcommunityorchard.org](http://steyningcommunityorchard.org) or by email: [steyningorchard@gmail.com](mailto:steyningorchard@gmail.com)**



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# Can I get a mortgage?



Given what's happening in the market right now this is quite a common first question when we receive a new enquiry.

Mortgages are still available despite what might be written in the press, it's all about securing the best type for your individual circumstances.

A conventional mortgage is where you combine your deposit to whatever your income dictates you can borrow, to establish at what level you can buy at.

Personal income is the key in these cases. Quite often people think that if they have a large deposit it allows them to borrow more. This is not necessarily the case as the in this scenario the higher the deposit the lower the rate is likely to be rather than increased borrowing.

Other factors that dictate how much can be borrowed are credit score/history, age, dependents and a host of individual lender criteria.

When securing a conventional mortgage, there are typically two types of rate available, fixed and variable.

With rates increasing it could be a good time to reinstate a capped rate mortgage that was a feature of mortgages previously. The beauty of a capped rate is that the cap is the highest the rate can reach, but if rates start to reduce then the mortgage payments could also come down.

This would be a great feature right now. There used to be a product previously called capped and collar mortgage where the rate would not go higher than the cap but could drop to a level (and not lower) called the collar.

Again this could be a relevant product again now.

If a conventional mortgage is unavailable then there is the option of shared ownership which we've covered before.

This is often referred to as a part buy part rent scheme.

Usually the property is purchased from a housing association and if buying a property via a conventional mortgage is just out of reach, this product allows people to start off by buying as little as 25% of a property's value and pay rent on the rest.

The scheme normally allows you to gradually increase the percentage you own and this is called staircasing.

Other schemes could be introduced in future by lenders as we've lost the Help to Buy scheme which was immensely popular.

For any type of mortgage requirement, please contact Compass Mortgages as we are only too happy to give you as much information as possible to help you on that first rung of the property ladder.

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## August: Diary Events

The following nonrecurring events are also in the What's On section on the Your Steyning, Bramber & Beeding website at: [www.yourmag.co.uk](http://www.yourmag.co.uk) NOTE: Post nonrecurring events before 10<sup>th</sup> of the month prior to the print month. [roger@barawood.co.uk](mailto:roger@barawood.co.uk)

### Wednesday 2nd August

Steyning Parish Council - Community Film Night

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

### Screening: Ticket to Paradise

George Clooney and Julia Roberts star in this romantic comedy from the director of Mamma Mia! Here We Go Again, following a divorced couple who team up and travel to Bali to stop their daughter from making the same mistake they think they made 25 years ago. Tickets are on sale at the Steyning Centre at £6.00 each and include tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open at 19:00 for a 19:30 start.

### Thursday 3rd August

Steyning Downland Scheme

20:30 – 22:00

SDS Gateway, off Mouse Lane (nearest postcode: BN44 3LQ)

### Bat Safari

Join professional ecologist Holly Harkness for a summer bat evening, discovering the extraordinary lifestyles of the bats that live on the Steyning Downland Scheme. To book: <https://steyningdownland.org/events/>

### Friday 4th August

Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

### Remembering The Musicals with Amy Marchant

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and also a Bring and Buy Table. After our business section we welcome back Amy Marchant to entertain us with songs from the Musicals. Tea and biscuits will be served from 15:15. Entrance fee is £3 and Annual Membership is £10 (each April). Please contact Bev Francis-Hills 01273 493894 for other information, including transport needs.

### Saturday 5th August

Steyning Methodist Church

10:00 – 12:30

Steyning Methodist Church 18 High Street

### Coffee morning with Bring and Buy

Coffee morning serving refreshments and cakes, and with a Bring & Buy stall. Bring an unwanted or unused item and buy something new in its place!

### The Steyning Scandals walk

Discover who did what, where and with whom! Steyning's attractive timber-framed buildings and flint cottages hide many secrets from the past - come and discover some of them if you dare. We will be exploring the back streets and twittens of Steyning with many scandalous stories, all researched through local documentary sources. Dogs on leads welcome. No booking needed, just turn up in good time. Fee payable on the day - £5. If you are easily shocked, this is not the walk for you. NOTE: The walk is NOT suitable for children. Mobile: 07703 133952. E: [jpsussex@icloud.com](mailto:jpsussex@icloud.com) - W: [www.sussexhistorytalks.co.uk](http://www.sussexhistorytalks.co.uk)

### Sunday 6th August

Dr Janet Pennington

10:00 – 12:30

Meet at the Steyning Centre Car Park (NOT the Library car park) - free on Sundays - opposite the Church of St Andrew & St Cuthman, which is in Church Street, Steyning, BN44 3XZ

### Friday 11th August

St Columba's Community Farm

10:00 – 15:30

Chanctonbury Ring Road, Wiston

### St Columba's Community Farm Day

We are looking for volunteers to help in the market garden on our monthly community days. Please wear appropriate clothing, stout footwear and bring gloves. please bring your own sandwiches and a flask of coffee/water etc. for a community lunch. Parking is in the Chanctonbury Ring public car park. We will meet at 10.00 outside the garden shed in the vegetable garden. There will also be Thanksgiving prayers at 16:00 for those wishing to attend. For further information please phone Su on 07860638167. NOTE: Also on Friday 25 August and Saturday 26 August.

### Saturday 12th August

Greening Steyning

14:00 – 16:00



# WISTON

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 <p style="text-align: center; background-color: black; color: white; padding: 5px;">FRIDAY 8 SEPTEMBER</p> <p style="text-align: center; font-weight: bold;">CRAIG DAVID</p> <p style="text-align: center; font-size: small;">PRESENTS</p> <div style="border: 2px solid white; padding: 10px; text-align: center; font-size: 2em; font-weight: bold;">TS5</div> <p style="text-align: center; font-weight: bold;">PLUS</p> <p style="text-align: center; font-weight: bold; color: red;">PATRICK NAZEMI</p>	<p style="text-align: center; background-color: black; color: white; padding: 5px;">SATURDAY 9 SEPTEMBER</p> <p style="text-align: center; font-weight: bold; font-size: 1.5em;">SOFT CELL</p> <p style="text-align: center; font-size: small;">PLUS VERY SPECIAL GUESTS</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <span style="font-weight: bold; font-size: 1.5em;">ABC</span> <span style="font-weight: bold; font-size: 1.5em;">HEAVEN 17</span>  </div>
 <p style="text-align: center; background-color: black; color: white; padding: 5px;">SUNDAY 10 SEPTEMBER</p> <p style="text-align: center; font-weight: bold; font-size: 2em;">KATHERINE JENKINS</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p style="font-size: small;">ACCOMPANIED BY</p>  <p style="font-size: small;">National Symphony Orchestra</p> </div> <div style="text-align: center;"> <p style="font-size: small;">PLUS SPECIAL GUEST</p> <p style="font-weight: bold; font-size: 1.2em;">RUSSELL WATSON</p> </div> </div>	<p style="text-align: center; background-color: black; color: white; padding: 5px;">SUNDAY 10 SEPTEMBER</p> <p style="text-align: center; font-weight: bold; font-size: 2em;">KATHERINE JENKINS</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p style="font-size: small;">ACCOMPANIED BY</p>  <p style="font-size: small;">National Symphony Orchestra</p> </div> <div style="text-align: center;"> <p style="font-size: small;">PLUS SPECIAL GUEST</p> <p style="font-weight: bold; font-size: 1.2em;">RUSSELL WATSON</p> </div> </div>

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17

Beeding & Bramber Village Hall

### BN44 Repair Cafe

Don't bin it - let us help you fix it! Bring along your items to repair, and anything you'd like sharpened. You can also speak to one of our Helpdesk volunteers about how to save energy at home.

### Saturday 12th August

3Bs Church

14:00 – 17:00

The Rectory Garden, Church Lane, Upper Beeding

### 3Bs Church Summer Fête

BBQ - Bouncy Castle - Face painting - Local stall holders. Lots of kids activists and games (free)

### Wednesday 16th August

Steyning Downland Scheme

10:00 – 15:30

SDS Gateway, off Mouse Lane (nearest postcode: BN44 3LQ) For 8-14 year old's.

### Bushcraft Day

A fantastic day of fun in the woods, building shelters, cooking on an open fire, wood carving and more! To book: <https://steyningdownland.org/events/>

### Thursday 24th August

Steyning Downland Scheme

10:00 – 11:30

Bowls Club car park, on the corner of Mill Road. (Nearest postcode: BN44 3LN)

### Targeting Hairstreaks

The return of this perennial favourite! Join Kat Dahl for our annual search for the rare and elusive Brown Hairstreak butterfly, at reputedly the best location to find it in the UK. Kat is Records Verifier for iRecord Upper Thames butterflies, a member of Upper Thames Butterfly Conservation Committee and a Knepp safari guide. If anyone can find us a Brown Hairstreak, it's Kat! To book: <https://steyningdownland.org/events/>

### Friday 25th August

Dream Productions Ltd

19:30 – 22:00

The Henfield Hall, Coopers Way, Henfield BN5 9EQ, UK

### A Tribute to The Eagles

The Eagles songbook faithfully reproduced in 90 mins. Full vocal and guitar harmonies to reproduce the famous Eagles sound.

THE SHOW REPERTOIRE: Tequila Sunrise: Best Of My Love: Hotel California : Peaceful Easy Feeling: Desperado : Silver Dagger : Take It Easy: 7 Bridges Road: Lyin' Eyes Life In The Fast Lane: Heartache Tonight: Get Over It : How Long: Already Gone: New Kid In Town: One Of These Nights: Take It To The Limit. Midnight Flyer: Please Come Home For Christmas: Witchy Woman: James Dean: The Last Resort : Somebody. : Victim of Love: Boys of Summer (Don Henley) : The Heat is On (Glen Frey)

### Friday 1st September

Vintage Years Club

13:45 – 14:30

Steyning Centre, Fletchers Croft, Steyning

### 'Paint a Tote Bag' with Mary Sawyer

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and a Bring and Buy Table. After our business section, we welcome Mary Sawyer who is going to enable us to paint a useful tote bag to take home! Tea and biscuits will be served from 15:15. Entrance fee is £3 and Annual Membership is £10 (each April). Please contact Bev Francis-Hills 01273 493894 for other information, including transport needs.



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## We say goodbye to these teachers from Steyning Primary School

**Mrs Funnel** has worked in the Speech and Language unit at Steyning Primary School for more than 25 years, patiently helping those children to grow in confidence and to be able to join in with mainstream education by supporting their learning both in the classroom and in the unit. She has nurtured so many children and has been so caring and professional at all times.

**Mrs Aldridge** and **Mrs Millar-Sarabs** are two of the school's longest serving teaching assistants who have supported the children emotionally and academically over many years. They have

been a tremendous help to the class teachers all of the time, helping them organise displays, taking intervention groups, teaching classes, in the absence of the class teacher, and just generally picking up the pieces that the class teachers do not have the time to do, because of the demands of the job.

**Happy retirement! From all at Steyning Primary School, past and present.**

## Ashurst Country Fair

Great food available throughout the day Sizzling BBQ, Country Teas, Cakes & Ice Creams. Great bar with locally brewed beer & Pimm's Stall.

**ENTRY FEES £2 PER CLASS - CLASSES START 12:30**

- 1 Best Small Dog (Height marker on the day classes 1,2 & 3)
- 2 Best Medium Dog
- 3 Best Large Dog
- 4 Best Puppy—6 months to 1 Year
- 5 Best working dog e.g. farm/sporting/therapy etc
- 6 Best Veteran—over 7 years
- 7 Best Child Handler under 12 years
- 8 Best Local Dog (Dog must reside within the Parish of Ashurst)
- 9 Best Rescue Dog
- 10 Best Trick
- 11 Dog the Judge would most like to take home
- 12 Championship

**CHALLENGE CUP, CHAMPION ROSETTE & PRIZE FOR BEST IN SHOW** (1st places qualify in each class)

**SPECIAL ROSETTE & PRIZE FOR RESERVE BEST IN SHOW**  
**SPECIAL SHIELD FOR BEST LOCAL DOG**

**1ST TO 3RD ROSETTES IN EACH CLASS - PLUS PRIZES**



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## New 'Outstanding' ownership for Steyning care provider

Home Instead Worthing & Steyning have been taken over by local businessman Simon McGee who also owns the Chichester & Bognor Regis franchise, which is rated Outstanding by the Care Quality Commission.

Home Instead provide quality care services in Steyning and provide anything from companionship, home-help and personal care alongside specialist care for conditions like dementia and Parkinson's. Home Instead are passionate about helping older people to remain independent in their own homes.

Simon started the Home Instead franchise in Chichester in 2015 after his grandmother received Outstanding care services from the franchise in Eastbourne. Chichester received an Outstanding rating from the Care Quality Commission in 2018 at their very first inspection.

'I am so happy to be running a service that is transforming the way that we care for older

people in their own homes in Steyning.'

Home Instead are proud of the way they treat their team differently: they're very selective when interviewing Care Professionals, provide extensive training and support to all staff, and they recognise and reward their achievements in bringing joy to the lives of those they care for. They are always on the lookout for people with kind hearts to join their team, so do get in touch with them if you'd like to find out about a rewarding career in care.

Home Instead provide care that helps older people locally to remain independent in their own homes. For further information please call 01903 206079 or visit [www.homeinstead.co.uk/worthing-steyning/](http://www.homeinstead.co.uk/worthing-steyning/)



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**T: 01903 206079** [www.homeinstead.co.uk/worthing-steyning](http://www.homeinstead.co.uk/worthing-steyning)

## Steyping Primary School Music teacher Sarah Pargeter retires

Thirty-seven years in education have meant hard work, fun and learning for music teacher Sarah Pargeter, but after almost 30 of those years devoted to Steyping Primary School, she is hanging up her baton, calling time (no metronome required) and retiring at the end of this school year.

In the early days, as class teacher, she was determined to bring music into the lives of every pupil and made it her mission to ensure that they would all experience playing a musical instrument before moving on to pastures new. Her school shows were memorable, not least for their humour and musical celebration, and most impressively because she made sure every year group was involved in one of three, yes three, Christmas shows she produced every year. Keen to pull in all the creative arts, she sought advice from friend and colleague Jeanette Brady, who frequently suggested choreography. Sarah would create stick drawings to represent movement, adding her own unique choreographic notation – 'start shape step or turn with a flippy foot three times.' Bob Fosse, eat your heart out!

At the turn of the millennium, West Sussex Music Support offered an outreach programme providing peripatetic music lessons, which Sarah grabbed with both hands. When they suggested introducing brass lessons, Sarah encouraged a group of boys to have a go and, even though they only started a term before, she was keen to showcase their talents in the summer concert. As proud parents watched on, they were wowed by the impressive orchestra she had produced over the last few years.

Finally, out came the newly assembled brass group, who impressed with their group piece. It was during an ambitious tuba solo that the wheels began to fall off. There had been a lot of tuneful and assertive parumphing before a few bum notes were played and the music halted momentarily, as Sarah gently encouraged the now slightly less assertive boy to go for it. More hesitation before he let rip with his tuba, producing the most alarming and hysterical squeak. The audience were trying desperately not to laugh, but the look of abject horror on his face followed by his and Mrs Pargeter's giggles,



set a perfect tone, and, needless to say, he received the loudest applause that evening.

Over time, Sarah was appointed music teacher for the whole school and continued her goal to provide experiences for her pupils. She was instrumental in bringing the family group of local primary schools together to plan singing lessons for Years 4, 5 and 6, with their transition to the Grammar School a firm focus. She entered the into the annual Sussex music festival every year and worked tirelessly within the community to provide concerts for many events, too numerous to mention. It should also be acknowledged that she has given invaluable support to Junior Theatre over the years and to Steyping Festival in its infancy.

In recent years, she has organised trips to London where pupils have taken part in the Big Sing, now known as Young Voices, at the O2. What better gift for a child than to perform with the largest choir in the world on the biggest stage in the UK? This has been her proudest achievement to date, superseded only by her relief that she never lost a child amongst the 9000 present.

Sarah has earned the right to take life at a more leisurely pace, but with all that generosity, drive and passion, she will be sorely missed by staff and pupils alike, and we wish her much happiness for the next chapter. Surely there was an end of term party to give her the send-off she deserved? Indeed, there was, but you've guessed it, it was hosted by none other than the Marvellous Mrs Pargeter herself, and she wouldn't have it any other way.

**Happy retirement! From all at Steyping Primary School, past and present**

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Writing a Will is one of those tasks that often goes overlooked. However, the benefits of creating a Will extend far beyond just financial considerations.

A Will acts as a powerful document that can provide peace of mind to loved ones and ensures the smooth transfer of assets after you have gone. Crafting your Will enables you to have full control over the distribution of your assets after you die. By explicitly stating your wishes, you can ensure that any property, investments and personal belongings are distributed how you want.

You will often hear me coin the phrase “Your Will, Your Way!” This can prevent confusion, reduce the likelihood of disputes and it can eliminate the need for expensive legal processes.

A Will is not just about assets though, it allows you to protect your loved ones in various ways. Guardianship provisions can be included to designate who will care for children, additionally, a Will can provide some security for elderly or dependent family members who require ongoing support. There are also many options to leave financial help to the Charities closest to your heart.

The absence of a Will can leave loved ones in a difficult and emotionally challenging position. Having a roadmap in place can sometimes relieve them of the burden of making complex decisions during an already distressing time. It provides a clear set of instructions, making the estate settlement process smoother, faster, and less stressful. By avoiding intestacy laws, a Will also minimises unnecessary costs and preserves the value of the estate for your beneficiaries.

At Nsure we believe writing a Will is a responsibility that we should all embrace. Beyond the financial considerations, it allows you to take control of your legacy, protect the people who matter the most to you and alleviate difficult decisions after you have gone.



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Emma Cohen **FIPW**

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## Jaw Tension and Chiropractic

Jaw tension, often accompanied by symptoms like jaw pain, headaches, difficulty opening or closing the mouth, and clicking or popping sounds in the jaw joint, can be a result of various factors, including temporomandibular joint (TMJ) disorders, stress, teeth grinding, or misalignment of the jaw or cervical spine.

Chiropractic care can offer potential benefits in addressing jaw tension and related conditions. Here's how chiropractic care can help:

**Assessment and Diagnosis:** A chiropractor will conduct a thorough examination to assess the alignment of the jaw joint, neck, and spine. They will evaluate muscle tension, joint movement, and any signs of misalignment that may contribute to jaw tension and related symptoms. This evaluation helps in formulating an appropriate treatment plan.

**Spinal and Jaw Adjustments:** Chiropractors use gentle, targeted adjustments to realign the spine, including the neck and jaw. These adjustments can relieve tension and restore proper joint function, reducing the strain on the jaw muscles and promoting relaxation.

### Soft Tissue Techniques:

Chiropractors may employ soft tissue techniques, such as trigger point therapy or myofascial release, to address muscular tension and tightness in the jaw and surrounding areas. These techniques help relax the muscles, reduce inflammation, and alleviate pain.

### Posture and Ergonomic Recommendations:

Chiropractors can provide guidance on improving posture and ergonomics, as repetitive strain can contribute to jaw tension. They may suggest exercises, stretches, or lifestyle modifications to help maintain proper alignment and reduce unnecessary stress on the jaw joint.

**Collaborative Approach:** In some cases, jaw tension may require a multidisciplinary approach.



Chiropractors may work in conjunction with dentists or other healthcare professionals, to provide comprehensive care and address underlying factors contributing to jaw tension. It's important to note that the treatment approach may vary depending on the individual and the specific cause of jaw tension. Chiropractic care can be an effective non-invasive option for many individuals experiencing jaw tension, but it's crucial to consult with a qualified chiropractor to determine the most appropriate treatment plan based on your specific needs and condition. At Well Adjusted Health we are always happy to talk through how we approach your treatment plan which is why we offer a free 15-minute assessment. This gives you an opportunity to meet Mark and establish if you think chiropractic would work for you.

If you would like a check or to discuss how we may be able to help you call us for a FREE no obligation 15-minute assessment.

If you have a specific question regarding any pain or problem areas, or would like to book a Free 15 minute consultation for you or your family please call Well Adjusted Health on 01903 892171

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Becky - Steyning



## August 2023 Book Reviews

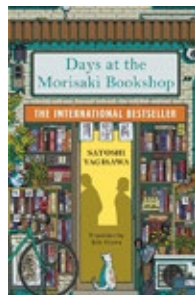
**A quick guide to our top paperbacks to pack for the beach this summer!**



**Demon Copperhead by Barbara Kingsolver**  
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This summer's MUST-READ, which is scooping up ALL the prizes, a heart-breaking novel set amongst the rural poverty of the Appalachian Mountains, at the peak of

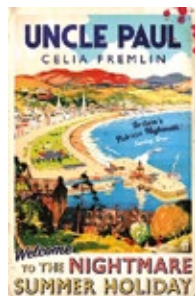
the opioid crisis. Narrated by Demon, a brave, feisty, quick-witted kid, born to a single mother in a trailer park, this wise, humane and compassionate novel is a re-telling of Dickens' David Copperfield for 21st Century America.



**Days at the Morisaki Bookshop by Satoshi Yagisawa**  
Bonnier book £9.99

A cute, quirky Japanese novel about love and the healing power of books, set in a dusty second-hand bookshop in Tokyo. 25-year-old Takako takes up her uncle's offer of a

rent-free room above his bookshop while she nurses her broken heart.

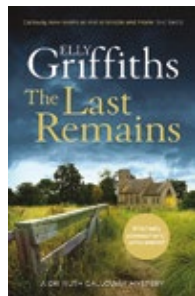


**Uncle Paul by Celia Fremlin**  
Faber paperback £9.99

Staff member Gill's hot holiday pick, this is a re-issue of a 1950's suspense novel. Sisters Isabel, Meg and Mildred are enjoying summer in a seaside caravan park, but their idyll is interrupted by the

arrival of Mildred's husband, the mysterious Uncle Paul. Uncle Paul has just been released from prison, after serving time for the murder

of his first wife, and is out for vengeance.... Nostalgic fun!

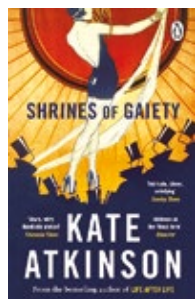


**The Last Remains by Elly Griffiths**

Quercus paperback £9.99

Just out in paperback, the final novel in local favourite Elly Griffiths 'Ruth Galloway' series sees Ruth and DCI Nelson working on a murder case in which their friend Cathbad emerges as the

prime suspect. Can they uncover the truth in time to save him? Engaging cosy crime with relatable, loveable characters.



**Shrines of Gaiety by Kate Atkinson**  
Penguin £9.99

All the heady glamour and filth of 1920's Soho is vividly conjured up in this exuberant novel about a queen of London nightlife, Nellie Coker, and the ambitions she harbours for her business empire

and for her six children. But success breeds enemies, and Nellie's empire faces threats from without and within....



**Upgrade by Blake Crouch**  
Macmillan £9.99

Highly recommended by my partner, this is another mind-bending sci-fi thriller by the author of Dark Matter. Logan Ramsay is experiencing the world anew - his concentration is better, he can multitask quick, read

faster, memorize more and sleep deeper. It is not natural. His genes have been hacked. He has been targeted for an upgrade....A great 'bloke's book'!

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## The Steyning Bookshop Kids Summer Holiday Event

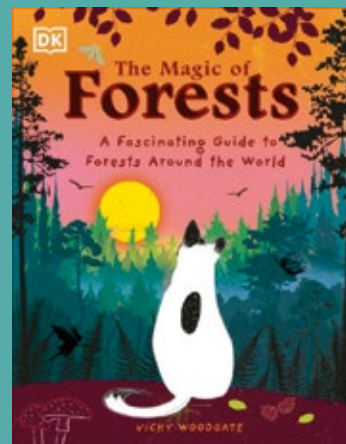
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### For the young:



**Deadlock by Simon Fox**  
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An explosive adventure thriller for fans of the Alex Rider series. 13 year-old Archie Blake's dad, a policeman, has been arrested, accused of theft. But Archie suspects he's been framed by a criminal gang, and has to use all

the lock-picking, safe-hacking skills his dad taught him to uncover the truth.



**Puppy Problems : A Peanut, Butter & Crackers Story by Paige Braddock**  
Nosy Crow £6.99

The first in a new series of adorable, full-colour graphic novels for beginning readers. Rescue pets Butter the cat and Crackers the dog are

happy living a quiet life -until Peanut the puppy arrives and turns everything upside down! He has no appreciation for the quiet life, no idea how stairs work and he's even afraid of the dark - Butter and Crackers want him OUT!



**The Wonder Brothers by Frank Cottrell-Boyce**  
Macmillan £12.99

Not a paperback but a great read nevertheless! Cousins Middy and Nathan (a.k.a The Wonder Brothers) are magic-mad, and when international superstar magician Perplexion comes to Blackpool, their home

town, they are thrilled to bits! But when Perplexion vanishes the Blackpool Tower, Nathan makes a rash promise live on t.v - he and Middy will bring it back. Cue: a madcap mission to Las Vegas!

## August: Steyning for Trees

On the Steyning in Bloom open day Katie Parker our committee member, ( of Sussex wWildlife TRust, ) showed you all the work that SFT has done to rewild Shooting Field Green at the request of the residents. We have planted mini copses and trees to support diverse species, designed by David Buckett our co-chair. I know many of you were taught all things environmental by him at Steyning Grammar School.

We arranged for U3A Natural History Group to visit Iping and Stedham Common with Neil Hulme to see the Silver Studded Blue butterfly so we were pleased that Springwatch was also featuring this rare butterfly. They talked about its symbiotic relationship with black ants.

Dr. Darren Moorcroft of the Woodland Trust speaking again on the Today programme was saying only half of the government tree target is being planted. He repeated that the UK has the fewest trees in Europe. He feels there is not enough investment in Nurseries and talked about the difficulties to establish seedlings with increasing risk of prolonged droughts. We are certainly finding fewer saplings available.

Yes, its official *'the hottest June on record'*. As the Wildlife Trust says *'Nature is being pounded by extreme weather'*. I expect some of you are aware that the newly planted trees at Canons Way have been showing signs of stress. Thanks to those who notified us, we were already on the case. Our watering contractor had come out to show us how difficult the access had become. The grass had not been cut recently by WSCC.

We gathered our wonderful volunteers together and many thanks to Cllr. Simon Alexander who came and helped us. Access paths were cut, the trees were mulched, and we have been watering regularly. The contractors came watering and putting down some magic mix and fingers crossed there are signs of green. We wont know for certain that they are saved till next spring. WSCC are obliged to replace them under their planting scheme, particularly as they were selected by them.

Well done everyone who has been doing a wonderful job watering their trees on the



verges. We only use contractors in larger planted areas where there is no one specific *'verger'*, but I know many of you help us there too, also looking after neighbours trees when they are away. Great community spirit working together for the good of the planet.

The Woodland Trust says A £1bn five year plan is needed to save England's ancient forests, which are more polluted, damaged and contain less wildlife than at any point in history.

Michael Blencowe the well-known sussex naturalist and author has offered to do a talk for Steyning for Trees about the Lost Woods Scheme here which extends from Pulborough to Lewis. This is concerned with preserving older woodland and will be on 9<sup>th</sup> October in the Community Centre at 19:30. Michael, as many of you know is a excellent, amusing and knowledgeable speaker.

In the Broadleaf magazine Charity Wakefield talks movingly about Trees and Me. Her experience with the Tree Listening Project where a recording device was attached to a big old oak. She says *'it was soothing to hear the inner workings of this huge rooted being , incredible like listening to the lifeblood pumping through its veins.'*

**I think many of us have experiences and moments in our lives when we have been grateful for the emotional support that we gain from leaning against an ancient tree.**

**The Countryside Charity (CPRE) are co-hosting a Countryside Day Out at Knepp on 2<sup>nd</sup> September. It is to celebrate Knepp Estate's new Wilding Cafe and Shop and Sussex CPRE's 50th Anniversary. The Woodland Trust has a stall.**

## Happy Days To Come

Fantastic fun times ahead - the Steyning & District Food and Drink Festival Committee (part of the Steyning & District Community Partnership) have put together another great itinerary of offers & events, which will bring cheer to the month of September and first week of October. Opening & Closing days both set for the Steyning Farmers Market dates - i.e. 2<sup>nd</sup> September & 7<sup>th</sup> October, when live music, Allotment Competition Award Ceremony, Raise Your Spirits, Cooking Demos, Annual Pumpkin Weigh & Pedal You Cocktails will be an added attraction, alongside all the wonderful stalls.

During the Festival period over 60 offers from local businesses and the Steyning Farmers Market will be available, taking in great discounts on meals and purchases; free gifts; buy one get one free and special packages created for the Festival, etc. Look out for all of them within the Festival guide - available in lots of local shops & eateries throughout the area - or visit the Festival website [www.steyningdistrictfooddrinkfestival.co.uk](http://www.steyningdistrictfooddrinkfestival.co.uk) Make a note of your favourites and speed along to take up these bargains, once the Festival is in full swing.

But let's not forget the fabulous events - in fact, around 50 of them. You will have difficulty in choosing, but maybe just go to all of them ! To highlight a few: Workshops/masterclasses in Artisan Bakery & Chocolate; Floral Artistry Days; a variety of guided Walks & Tours (food & drink never far away from the theme!); Wine Tastings & Food to accompany; Pub Quiz Nights; Mad Hatters Children's Tea Party; Cobblestone Fete; Beer Festival and a wonderful Celebrity Dinner - and lots more in between, but cannot list them all here! Best to catch up with full details in the Festival guide & website. Some events need the purchase of tickets from the Festival website or a local shop, so advisable to get these all booked up now to avoid disappointment. New this year is our Festival Cocktail, created by The Mixology Group, which will be found at many of the bars in our area. Look out for display cards in venues promoting it and give it a go; don't forget to toast the Festival at the same time!

As usual, our annual



Festival supports a Charity and raises as much as possible through selected events. This year the ever-popular Coffee & Cake Morning will again take place and as for previous years, the entire ticket price will be donated to the **Chestnut Tree House Children's Hospice** - our 2023 Charity. To add to this, throughout the Festival dates various local venues will have a Charity Dish on their menu - if chosen £1 will be donated to **CTH** by the eatery. Try and eat as many of these dishes as possible, so we can gather up loads of money for them! The Solo Training Club are also donating £10 to the charity from each ticket sold for their Nutrition & Movement Workshop & Lunch. There will also be various raffles held along the way, including the Farmers Market Hamper at the October 7<sup>th</sup> date. Lots to aim for and with your help & support let's hope we collect some great funds for this very special children's hospice.

However, arranging all the above costs money - printing of guides, website support, banners, posters, etc., etc. Therefore, without the generous support of our sponsors our Festival would not take place - so our very sincere thanks go to them. They are: **Horsham District Council; The Sussex Grocer; Cocoa Loco; Churchman Burt; Higgidy Pies; Rushfields Plant Centre; Steyning & District Business Chamber; Steyning Parish Council and West Grinstead & District Ploughing & Agricultural Society.**

**A big hug & thank you also to the Committee volunteers who put in so many hours of their time to make it all happen.**



## Water Shrew

I love Jaws, the 1975 movie which sent three men out into the Atlantic on a fishing boat in search of a marauding Great White Shark. There's another aquatic monster hunting in the ponds and shallow streams of Sussex. But to find a Water Shrew... you're gonna need a smaller boat.

Water Shrews weigh 15g and measure just 16cm. Unlike other shrews they have an amazing ability to swim and hunt underwater. They're covered in dense fur – vital insulation against the cold and wet. This sleek wetsuit also traps air bubbles, transforming the shrew into a furry Aero helping it stay buoyant. Powerful, extra hairy hind feet propel this tiny torpedo through the water.

Water Shrews and Great White Sharks have a common feature that sets them apart from their close relatives. They both have a striking demarcation between their dark upperparts and their white underparts. Looking from above, their black backs blend with the pond bottom or seabed. From below, their pale bellies make them invisible in the sunlit water. It's a submarine survival strategy that helps conceal both hunters and hunted. And the Water Shrew is both.

With sharp, red-tipped fangs, a Water Shrew's jaws are as fearsome as any shark's. But the Water Shrew has a trick up its teeth. It's Britain's only venomous mammal. When it bites it injects a stupefying saliva which subdues its victims.

In Jaws, the grizzled skipper Quint (Robert Shaw) relates the chilling true tale of the torpedoed WWII cruiser Indianapolis, which sank leaving hundreds of sailors adrift in shark-infested waters. Well, my mate Barry was once



bitten by a Water Shrew in Newhaven and his finger went all tingly for about two hours. OK, it doesn't exactly compare, but the fact that a tiny shrew can make such an impact on a human is pretty impressive.

Slice open a dead shrew's stomach and rummage inside and you'll find bits of beetle legs, snail shells, and fishbones. They are relentless, frenetic hunters. If the shrew goes without a meal for more than an hour it will die.

What we are dealing with here is a perfect engine, an eating machine. All this machine does is swim and eat and make little shrews. Between April and September, the mating of the shrew can produce 2-3 litters of 3-15 young. They live a fast, brief life. Few of them will survive for more than a year.

**The best way to see a Water Shrew is to sit by a Sussex stream as the sun sets. Bring a couple of friends and some Apricot Brandy, share some tall tales, and wait for a shrew to strike.**

By Michael Blencowe: Learning & Engagement Officer, Sussex Wildlife Trust.  
Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. It's easy to join online at:  
[www.sussexwildlifetrust.org.uk/join](http://www.sussexwildlifetrust.org.uk/join)  
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## Local Clubs and Societies

To add a club or society or change the details kindly email [roger@barawood.co.uk](mailto:roger@barawood.co.uk)

### CHARITIES:

**Cancer Research Steyning.**  
[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**Steyning & Ashurst Friends of St. Barnabas House.**  
01903 814337

**The Friends of Steyning Parish Church.** 01903 813232

**The Steyning Society.**  
E: [cmantsteyningsoc@gmail.com](mailto:cmantsteyningsoc@gmail.com) / W: [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

**The Steyning Friends of Chestnut Tree House Children's Hospice.**  
01903 813901 / 01903 815601

**The Royal British Legion Steyning & District Branch.**  
01903 815176.

**CLUBS AND SOCIETIES:**  
**Chanctonbury Quilters.**  
01903 812171.

**Steyning Art Group.**  
[peacefulorchard@iCloud.com](mailto:peacefulorchard@iCloud.com)  
[Oakleylucy@hotmail.com](mailto:Oakleylucy@hotmail.com)

**Steyning Bellringers.**  
01903 813653.

**Steyning Bridge Club.**  
01903 814726.

**Steyning Camera Club.**  
[info@steyningcc.org.uk](mailto:info@steyningcc.org.uk)

**Steyning & District Flower Club.** 01903 895939

**Steyning History Society**  
Secretary: Mrs. P. Blackie,  
01903 812283

**Steyning Horticultural Society.** 01903 814049.

**Steyning Museum.**  
01903 813333.

**Steyning National Women's Register**  
01903 815577 [nwr.org.uk](http://nwr.org.uk)

**Steyning So and Sews**  
01903 813467

**Sugar and Spice Sugar Craft Club.** 01903 695700.

**The Arts Society Steyning.**  
[steyning@theartsociety.org](mailto:steyning@theartsociety.org)  
<http://www.theartsocietysteyning.org.uk/>

**The Steyning Society.**  
E: [cmantsteyningsoc@gmail.com](mailto:cmantsteyningsoc@gmail.com) / W: [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

**Vintage Years Club.**  
01273 493884

**West Chiltington Bridge Club.**  
01903 742674 / 01798 813626.

**West Sussex Decorative & Fine Arts Society.**  
01903 411086.

**GENERAL:**  
**1140 Steyning Squadron Air Training Corps** 01903 815511 -  
[1140@rafac.mod.gov.uk](mailto:1140@rafac.mod.gov.uk)

**Cadet Centre.** 01903 813113.

**Cadet Centre - Steyning Army Cadets.** 07737931010.

**Steyning, Beeding and Bramber Trefoil Guild.**  
01903- 812622.

**Steyning Litter Pickers.**  
[susanjglover@outlook.com](mailto:susanjglover@outlook.com)

**Steyning Parish Church.**  
[steyningparishchurch@gmail.com](mailto:steyningparishchurch@gmail.com)

**Steyning WEA Day School.**  
01903 816190/07713 270806.

**SOCIAL:**  
**Cheqoutz Cribbage Team.**  
01903 815471.

**Knit and Natter.** 01903 812751.

**Singability.** 07845 546365.

**Steyning & District Good Neighbours Association.**  
01903 816181.  
[steyninggoodneighbours.co.uk](http://steyninggoodneighbours.co.uk)

**Steyning Downland Scheme Group.** 01903 812404.

**Friends of Steyning Downland Scheme.** [www.steyningdownland.org/support-us/friends-scheme/](http://www.steyningdownland.org/support-us/friends-scheme/)

**Special Task Force.**  
01903 765340.

**Steyning & District U3A.**  
[www.steyninganddistrictu3a.org.uk](http://www.steyninganddistrictu3a.org.uk)

**Steyning for Trees.**  
01903 816726.

**Steyning Greening Campaign.**  
01903 813232.

**Steyning in Bloom.**  
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## August Gardening Journal

August is a great time to enjoy the long Summer evenings in your garden, it's a time of rich colour, flavour and texture. The late summer perennials and statuesque ornamental grasses will be coming into their own right now and the veg gardens will be bursting with produce, ready to fill our kitchens with fresh vegetables straight to the plate. It's a quieter time in the gardening so put the spade down and make the most of the hard work completed earlier in the year.

*Cephalaria gigantea*, known as the 'Giant Scabious', is an unusual hardy perennial that forms a woody rootstock with fine cut, aromatic leaves above which large lime/yellow scabious type flowers are carried on strong branched stems up to 2m. Although it's a big plant it can be used in a broad range of planting schemes.

*Cephalaria* is a species of flowering plant in the honeysuckle family *Caprifoliaceae* - native to the Caucasus region but also cultivated as an ornamental. This erect perennial has deciduous leaves, and pale yellow, ruffled flower heads in summer which require full sun to part shade and a moist, fertile but well drained soil to bring out its best.

The Giant Scabious is perfect for creating an informal cottage garden look and is perfect in loose planting schemes, combined with ornamental grasses or other herbaceous

Article by Alex Bell  
T: 01903 815065 M: 07866 747849

perennials. Considering its overall size it has an airy and delicate look which is great placed at the back of a mixed border or mixed among large trees or shrubs. Its an easy going perennial which is self-supporting in a sheltered position, doesn't really have any pests or diseases and is also attractive to bees and butterflies too.

As *Cephalaria* is on the large side and you can create a more compact, bushier plant by giving it the "Chelsea chop" in Mid May. This will mean you still get the flowers but it won't need so much space in your borders. If you are lucky enough to have room then its best to leave it and cut back when it starts to look tatty, it will then repeat flower in September if you cut back after that first flush of flowers.

*Cephalaria* makes a dramatic yet informal statement in the border, although tall, it isn't overbearing, it looks great with other naturalistic perennials like *Echinops*,



Plant of the Month: *Cephalaria gigantea*

*Echinacea*, *Persicaria* and *Helenium*. Combine these with *Perovskia*, *Sedum*, *Pennistemon* and *Miscanthus* and you have a combination of plants that will take you all the way into the autumn.

### Jobs to do this month include:

- Continue to deadhead, especially dahlias which should be looking great by now.
- Weed!!! – shouldn't be too much of this but its best to keep on top of it.
- Keep the lawn mown and edges cut – due to dry weather you may need to raise the height of the cut if you want to keep your lawn green.
- Trim hedges – now the birds have finished nesting now's the time to get your hedges back in order
- Water – Any plants that are looking a bit tired and are wilting, are in need of a drink. If they look really bad, then water immediately and then top up later in the day when its cooler.
- If you have any meadow areas, then these

should be cut, and the hay raked asap.

- Spray and feed roses.
- Plant out autumn flowering bulbs eg colchicum.
- Remove lavender stalks and trim bush leaving some green fresh foliage.
- Order spring flowering bulbs.
- Ensure camellias have sufficient water to ensure flowers for next year.
- Clip evergreen shrubs
- Prune current seasons growth of wisteria back to 5-6 leaves.

### Vegetable Garden:

- Harvest Garlic
- Sow oriental greens such as mizuna and mibuna, pak choi etc.
- Harvest early apples.
- Start lifting main crop potatoes.
- Summer prune trained fruit such as espalier apples, pears etc.
- Trim non-flowering stems of grapes cutting back to one leaf from the main branch.

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## A Steyning Farm – and its dung – in the 18th century

If you head up the road towards Ashurst you will come to a track on your right which follows the line of the Roman 'Greensand Way'. It leads to Huddleston Farm and, in the eighteenth century, if you had set off along this track, there is a very good chance that you would have passed a dung cart with an ox between the shafts and a farm labourer with his dung spud.

When an inventory was taken on the death of farmer Charles Groome, in 1757, he had four dung carts plus eight dung spuds used to dig the dung from one of the four large heaps of dung mix on his farm and to spread it on his fields. It was meticulously recorded that the six acre *'Tickners Field'* had not only been *'twice plow'd and twice harrowed'* but that they had then spread *'fifty-three loads of dung on the same'*.

Even more effort had been put into the preparation of the eleven acre *'Beech Field'*; it had been *'four times ploughed and four times harrowed and one hundred and thirty two loads of dung spread on it'*.

The soil in the ten-acre *'Conduit Field'* appears to have been too acidic and merited different treatment. It needed *'three kilns of lime'* and *'sixty loads of mudd'*. The lime was made by burning chalk and Charles Groome had a stock of 4,000 kiln faggots for that purpose together with hedgerow trimmings.

*'Furze on the hill'* was also valued but was used in the home rather than on the farm; it produced a particularly hot flame for baking.

The reference to *'furze on the hill'* suggests

that the farm included land on the Downs and this certainly sits well with the fact that the inventory listed 657 sheep, differentiated in all sorts of ways.

There were, for instance, fattening sheep, four teething sheep, two teething culls sheep, wether lambs, fattening lambs, six teething wethers, fattening ewes, old ewes and 'store' ewes. The number of teeth were a measure of the age of the sheep, 'culls' were inferior animals from the flock which had been separated out for selling and wethers were castrated male sheep kept for their wool. 'Store' sheep were animals intended for fattening.

There were also seven rams including *'one maggoty ram'* which, despite being maggoty, was still deemed to be an asset and was worth ten shillings.

Cattle would seem to have been less important than sheep on Mr. Groome's farm, though they no doubt contributed to the dung heaps. There were 52 animals in total, separated into bulls, cows, steers, great runts and little runts – runts in this case being a description of young animals.

On top of that there were 33 oxen. These were draft animals which

would have been used for drawing ploughs, dung carts and the like. They would have been kept busy because, apart from the dung carts, there were four waggons, eight harrows and nine ploughs. Less information is provided, however, on the number of people needed to run the farm. The *'men's room'* in the farmhouse had three beds and there was also *'the maid's bedroom'* but we don't know how many men and women came in each day from their own cottages.

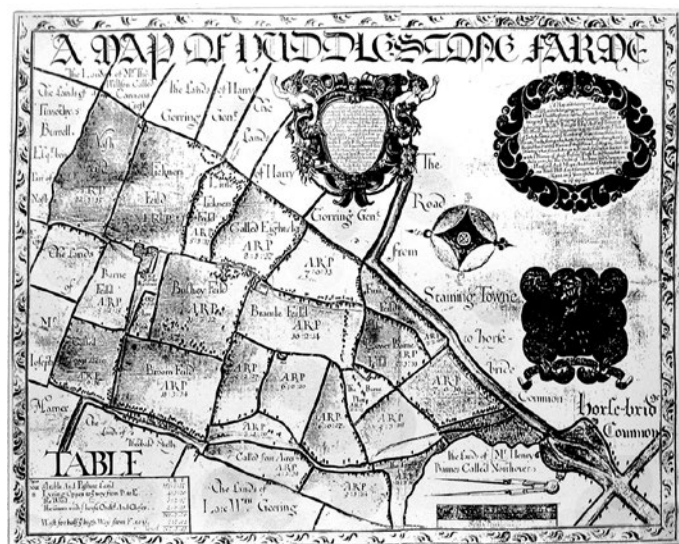
Charles Groome had died in August when the harvest was in full swing so some of his crops were measured in waggon loads. Two hundred and fifty acres were taken up with the growing of wheat, his main crop, and one hundred of these had already been harvested when he died. Seventy acres were fallow – those fields identified as having been ploughed and *'dunged'* – and a further seventy were down to peas – a crop designed to put nitrogen back into the soil.

Yet another seventy acres were devoted to oats and beans (mainly for animal fodder) and

to barley. Seven hay ricks were valued, but nothing was said about the acreage used as meadowland or pasture or its value.

It would seem as if it was only the output of the farm and the work put into it – and, of course, the dung – which were valued, and not the acreage as such.

Article by: Chris Tod - Steyning Museum.



Map of Huddleston Farm

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